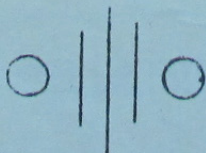


1. When caught in a heavy wind, avoid getting into the trough of the waves; cut them at an angle. Squat on the knees; keep the body low.
2. If alone in a canoe, reverse the canoe, running the stern first. In ordinary waves, kneel, leaning the buttocks against the seat. In heavy waves, squat on the floor IN THE CENTRE, leaning the buttocks against the centre thwart, knees spread apart.
3. NEVER leave a boat or canoe when upset, and try to swim for shore. If alone, push canoe ahead of you.
4. If canoe upsets, do not turn it over to let air out. If two are in canoe, clasp hands across, and paddle with free hand and foot to shore. If one, push canoe ahead of you.
5. If necessary to rescue someone from water, pull him in over the bow or stern, never from the side; this is liable to swamp the canoe.
6. If necessary to change places, one person should move at a time, and KEEP LOW. Better to go ashore to change.
7. NEVER rock a boat or canoe; a little foolish fun may end tragically.
8. Do not jump from dock into a boat or canoe. Step squarely into the centre, grasp the gunwales with each hand and keep the weight as low as possible by moving with bent back and knees. This also applies when getting out of a canoe. The stern paddler should leave last.
9. Do not sit on a canoe or step into it when it is on the dock or up on shore. It strains the canoe and may cause it to leak.
10. Use the handle of your paddle, not the end of the blade, as a "pusher". It will pay in easier paddling. Carry an extra paddle with you on long trips.
11. When landing a canoe, approach the dock or shore carefully. Do not run the bow of a canoe on a rocky shore and walk out of it. Sharp stones are liable to tear the canvas.
12. Again - SAFETY FIRST! It is better to go miles along a protected shore than to attempt to cross a rough lake. Only a fool will risk his own and other lives for the sake of saving a little time. If you must get back to camp, pull the canoe well up on shore and walk back.





SAFETY FIRST RULES FOR CANOE TRIPS

Destination ..... NO. of campers .....

Date leaving ..... Will return .....

Every Leader is asked to co-operate in an effort to make Canoe Trips absolutely safe. NEVER TAKE CHANCES.

The following regulations are to be read to the campers every morning, and must be strictly observed;

1. I will do nothing foolhardy.
2. In case of upsetting, I will hang on to the canoe, and under no consideration will I attempt to swim to shore.
3. I will not shoot any white water rapids, and will not enter any rapids without the Leader's consent.
4. Before swimming or diving, I will obtain the permission of the Leader, who must be perfectly certain that there are no hidden stumps or rocks in the area.
5. I will not attempt to cross the lake in a storm or any dangerous stretches of rough water.
6. I will not wear heavy leather or rubber boots when in a canoe.
7. I will take the word of the Leader in charge, as final.

SAFETY SUGGESTIONS;

1. Never remove all canoes from the camp site if there is anyone remaining on it.
2. If grub and blankets are wet, be sure to dry them at the earliest opportunity. DO NOT SLEEP IN WET BLANKETS.
3. Leave your shoes untied while in a canoe.
4. Do not fail to report any feeling of illness, or do not neglect the smallest scratch. Watch for headaches, colds, constipation and loss of appetite.
5. Be very careful when using an axe or a knife.
6. Exercise great care in packing and handling grub.
7. Do not paddle after dark if avoidable.
8. See that all fires are out before leaving your camp site.

CAMPERS;

I agree to read these rules to the campers every morning, and to see that they are observed.

Leader in charge

(Counsellor In Charge Must See That Any Government Park Regulations Are Conformed In Every Way)



[illegible]PERIOD [illegible]

NOTE: Indicate your estimate of each by use of: E (Excellent) G (Good)

F (Fair) P (Poor).

Use reverse side of sheet for comments.

SIGNED

Leader



## PADDLING TESTS

### MIDDLEMAN

Know how to get into and balance canoe.  
Show ability to paddle in correct style.  
Steer a simple course.  
Launch and land canoe properly.  
Feather, pry and backwater.  
Know the following parts of the canoe - gunwales, thwarts, ribs, painter, keel  
bow, and stern.  
Know the parts of the paddle - blade, shaft, grip, tip.  
Demonstrate putting canoe on and taking off rack.

### BOWMAN

Same test as middleman, plus;

Know the bow strokes - sweep, pry, draw and use the right one when making a  
port or starboard turn.  
Paddle straight for 200 yards.  
Paddle a figure eight around two buoys.  
Demonstrate how to change position in canoe.  
Know how to climb into canoe from water.  
Know how to portage.

### STERNSMAN

Same test as bowman, plus;

Paddle straight for 200 yards, port and starboard.  
Demonstrate stern steering stroke on either side.  
Make a figure eight paddling port and starboard.  
Make the following landings -  
Paddle port and land port.  
Paddle port and land starboard.  
Paddle starboard and land starboard.  
Paddle starboard and land port.

Safety Test - Jump out of canoe, climb back in and paddle back to dock.  
Rescue and right a canoe which has upset.  
Paddle a set course sterning a crew of three, and command crew to launch, load,  
and dock canoe - also shift sides for paddling.  
Know how to load canoe according to wind and water.

AT ALL TIMES EVERY ONE IS TO KNEEL ON BOTH KNEES WHILE IN A CANOE.



## WHAT'S WHAT IN SAILING

- ABOUT - To change from one tack on the wind to another.
- AFT - Near the stern. BEAM - Width of boat.
- BEAT - Going against the wind by alternate tacks.
- BOOM - Spar used to extend the sail at the foot or lower edge.
- CLOSE-HAULED - Sailing as close to the wind as possible.
- DOWN-HAUL - A rope used to haul down the sail.
- FLAT - When a sail is trimmed in close.
- GEAR - General term for rigging.
- HALLYARDS- Ropes or wire used to haul down sails.
- HEEL - (not keel) - To lean to one side.
- HITCH - A short tack on the wind.
- IN IRONS- When a boat gets her bow toward the wind and cannot move on either tack.
- JIB - Triangular lower headsail near the bow.
- JIBE - To turn a boat with the wind astern so that the mainsail swings from one (side to another)
- LEE - Side opposite the wind.
- LEEWARD - Direction opposite from the side the wind is blowing.
- LEEWAY - Drifting to leeward.
- LUFF - Forward part of a sail; to head boat up into the wind.
- OFF THE WIND - To sail away from the direction the wind is blowing or with it.
- ON THE WIND - To sail toward the wind.
- PORT - Left side of a vessel looking forward.
- REEF - To reduce size of sail (area).
- RUN - To sail before the wind.
- SHEETS - Ropes used to haul in and trim sails, not the sails themselves.
- SHROUDS - Stays from the mast down to the sides.
- STARBOARD- Right side of vessel looking forward. STAY - Wire cable supporting mast.
- STEM - The forward end of a boat from bow down to keel or centreboard. (Centreboards used on dinghy class boats only)



## Puppetry.

### Che

Cut pliable cardboard piece - 2" - 5".  
cut cloth piece 7" - 12" - Sew seam on  
long edge of cloth, turn right side out.  
Wrap cardboard piece around finger to  
form a tube & put inside cloth piece  
up to half-way. Pull other half of cloth  
through centre & sew inside & outside  
together at top. Che is necessary in  
first-puppet heads.

### Heads.

Simulst & paste. Mix paste well &  
add sandst to right consistency to  
model. Wrap crumpled newspaper  
around che for rough shaping - then  
thick layer of sandst mixture.  
Shape head & model features, dry -  
being careful not to flatten features.  
Put newspaper or paper towels in stripes,  
soak in water. Cover head with paste,  
then one layer of paper stripes, being  
careful to press into features. Cover with  
paste again, then another layer of paper,  
until face is smooth - let dry again.  
Paint 1 coat of flesh color, let dry  
& paint again until paper is covered.  
Use poster paint & well thinned oil  
paint. Now paint features & add hair.

### Cloth heads.

Cut in 2 pieces - join cloth around  
head through centre of face. In this  
way features are made & features  
are not flat. Stuff heads but use  
che for finger as in sandst heads.



### Paint & run on features.

Balsa wood - soft + easily carved.  
Use a block of the wood, slightly  
larger than head. Carve features + make  
hole up through centre for finger.  
Paint.

### Polystyrene - machine heads.

Model head with plastecine - put  
cardboard pieces around head - to  
separate front + back sections. Smear  
with vasoline. Thin Plaster of Paris  
with water to a thick paste - press  
back of head in mixture up to  
cardboard pieces, let harden. Mix more  
P. of P. + press face into it. When  
thoroughly hard, mold will come off  
easily. Mold comes off easily when  
hard. Put strips of paper, but don't  
put paste in mold. Put first layer  
of paper without paste + proceed with  
layers of paper + paste, until there  
are at least 6 layers of paper - press  
well into molds - let dry. Join front  
+ back sections with strips of paper.  
Putting core in first - let dry + paint.

### Hands.

Thin + adhesive tape - picture wire.  
Cut adhesive in strips + cover wire - paint.  
These hands can be bent into shape +  
hold a small object easily.

Cloth hands - Cut cloth in shape  
of glove + stuff - kid gloves can be  
used instead of cloth.

7. Balsa wood - hands carved - making holes  
in wrist for thumb + finger.



Baby

Make black cloth mitt for foundation, long enough to cover arm, with hole at top to cover neck & sleeves for thumb & little finger. Make clothes to fit over cloth, big enough for hand inside. Make cardboard combs to fit fingers in sleeves, & join hands to one & sleeves.



## ● The Javelin Throw

### Position 1.

Left side towards goal - weight on right foot - right knee flexed. The right arm is stretched back in easy position, elbow slightly bent. The left arm is at right-angles and horizontal to the body, relaxed, so that the javelin may rest on it.

### Position 2.

Face forward changing weight from left to right foot. Right arm raises with fist opposite the right ear at a comfortable distance from the head. The left arm points straightly in the direction in which the javelin is to be thrown.

### Position 3. - The Throw.

The right arm straightens out throwing the javelin, with a change from left to right foot. (as in running). The force extends from the left leg, through the thigh, back and shoulder muscles.

## ● The Grip.

Thumb and forefinger grip the guard lightly, the javelin slips down into the hand, resting along the hand in front of the thumb comfortably.





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